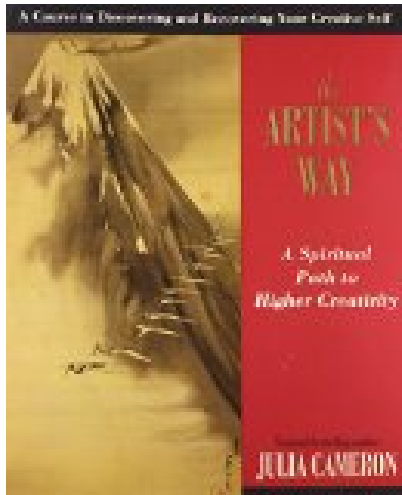


# The Artists Way A Spiritual Path to Higher Creativity

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## BOOK DETAILS

- Author : Julia Cameron
- Pages : 237 Pages
- Publisher : Jeremy P. Tarcher/Putnam
- Language : English
- ISBN : 1585421464

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## BOOK SYNOPSIS

Have you ever longed to be able to draw or paint, write or compose music? With *The Artists Way* you can discover how to unlock your latent creativity and make your dreams a reality. With the basic principle that creative expression is the natural direction of life, Julia Cameron leads you through a comprehensive 12-week program to recover your creativity from a variety of blocks, including limiting beliefs, fear, self-sabotage, jealousy, guilt, addictions and other inhibiting forces, replacing them with artistic confidence and productivity. This book links creativity to spirituality by showing how to connect with the creative energies of the universe. *The Artists Way* provides a twelve-week course that guides you through the process of recovering your creative self. It dispels the 'I'm not talented enough' conditioning that holds many people back and helps you unleash your own inner artist. Its step-by-step approach will enable you to: start out on your own path to creativity, dissolve the barriers that prevent your creative impulse from finding expression, use your rediscovered talents in whatever way you wish, learn that it is never too late to start fulfilling your dreams. *The Artists Way* helps demystify the creative process by making it part of your daily life. It tackles your self-doubts, self-criticism and worries about time, money and the support to pursue your creative dream. It has already helped thousands of people to uncover their hidden talents - it can help you, too.

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